

School Health Promotion

Newsletter Articles

JANUARY: Get Enough Sleep



Very Short Text:

Kids need 9-10 hours of sleep a night. Why? The brain needs sleep so that it can recharge and the body needs sleep to allow your muscles, bones and skin to grow and fix any injuries to the body. Teach your kids healthy sleep habits: turn off computers, cell phones and other electronic devices 30 minutes before bedtime; avoid caffeine; and make sure they get plenty of exercise during the day (but limit it 2-3 hours before bedtime). Learn more by visiting www.sleepfoundation.org.

Short Text:

Did your child get enough sleep last night? Kids need 9-10 hours of sleep a night. Their brains need sleep so that it can recharge and their bodies need sleep to allow their muscles, bones and skin to grow and fix any injuries.

6 ways to teach your children healthy sleep habits:

1. 30 minutes before bedtime, turn off TV, computers and other electronic devices. (Computer and phone lights actually wake up the brain.)
2. Keep all electronic devices under parental control.
3. Keep the bedroom a cool, quiet and a relaxing environment.
4. Read with them; listen to quiet music.
5. Make sure they have had plenty of exercise during the day, but avoid lots of physical activity 2-3 hours before bedtime.
6. Avoid caffeine in the afternoon and at night, including sodas and large amounts of chocolate.

More Info:

- National Heart, Lung and Blood Institute: <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch.html>



Long Text:

Did your child get enough sleep last night? Kids need 9-10 hours of sleep a night. Here's why:

- Their brains need sleep so that they can recharge.
- Their bodies need sleep to allow their muscles, bones and skin to grow and fix any injuries.

Just like babies and toddlers, school-age children need a consistent bedtime and bedtime routine. Did you know that when kids get enough sleep:

- They will pay better attention in school.
- They will be healthier and happier.
- They will get along better with their friends, family and teachers (there are fewer behavior problems in the classroom).

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More Info:

- National Sleep Foundation: <http://www.sleepfoundation.org/article/sleep-topics/children-and-sleep>
- National Heart, Lung and Blood Institute: <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch.html>

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